

Clovis East Return to Play Athlete Guidelines

We are excited to welcome you back to practice with your coach and teammates. There are some guidelines that you need to be aware of when we return on Monday June 8. Please make sure you read through these guidelines with your parents.

- There will only be 10 athletes in a pod with 1 coach
- The same 10 kids will stay in that Pod
- No physical contact
- Social distancing of 6 feet
- Activity has a maximum of 90 minutes
- You will be asked the following questions at the beginning of every workout from your coach.
 1. Feeling fever, body aches, or chills?
 2. Respiratory symptoms? (Shortness of breath, or persistent cough, or runny nose)

If you have any of those symptoms please stay home.

- You will need to turn in a waiver form at the beginning of the first practice. Your coach will send that waiver to you. You can not practice unless that waiver is signed by your parents.
- Locker rooms will not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- No families or spectators will be permitted. The transitions of students being dropped off, getting to the activity, and then being picked up from the activity should be closely monitored. Please make sure your ride is there to pick you up as soon as practice is over.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout. *Per USA Swimming, swimsuit should be worn to and from practice.*
- layout that is attached at the end of this document for Stage 2 Advanced/Stage 3 Early.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized
- No high fives, no handshakes, no spitting

- Tennis- Per USTA
 - Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
 - No doubles play
 - Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
 - Avoid sharing food, drinks or towels.
 - Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
 - Stay on your side of the court. Avoid changing ends of the court.
 - Remain apart from other players when taking a break.
 - If a ball from another court comes to you, send it back with a kick or with your racquet.
 - Open two cans of tennis balls that do not share the same number on the ball.
 - Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
 - Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.